



## Preparing Your Child For Kindergarten

### Support Services

Early Intervention is the key to assisting children with their development. Below are the contact details of some services that can support you if you have any concerns about your child.

#### In Person.

**Child and Parent Centre Arbor Grove.**  
Brookmount Drive Ellenbrook.  
9263 2845

The child and Parent Centre Arbor Grove offer programs and services to support young families (birth—4 years) living in Ellenbrook.

The programs and services include:

- Age specific playgroups.
- Maali Waabiny (Swan Playtime) led by Ngala.
- LINKS playgroup led by Autism Australia
- School holiday activities for parents and their little ones.
- Parenting Programs e.g. Triple P, Circle of Security, FAST (Families and Schools together), Bringing Up Great Kids, ADHD and your child, Food Sensations for children, Sing & Grow, Reach baby and other parent and child activities.
- Wellness workshops for parents.
- Shared community lunches.
- Individual and/or family counselling and parenting support.
- Child Health Nurse appointments.
- Speech Pathology therapy, drop-in clinics, parent workshops and consultations.

#### Online or in person courses.

##### **Triple P - Positive Parenting Program**

Get support, information and tips to give your child the best start in life. Triple P gives you simple, practical strategies to help you raise happy and confident children. Attend a free session near you or complete sessions online.

<https://www.triplep-parenting.net.au/au/triple-p/>

#### Your GP.

If you have any concerns about the development of your child, are having difficulty with toilet training or your child isn't reaching their milestones. Please see your doctor for advice before they start Kindergarten.